

CONFIDENTIAL WHEN FILLED IN

SCHEDULE

You have been scheduled to make a blood donation on

A Red Cross Bus will pick you up at _____ at _____ A.M.
Please be prompt. P.M.

25X1

INFORMATION ON EATING BEFORE DONATING BLOOD

4. During a 4-hour period before his donation, a donor should avoid heavy fatty foods. Included are: eggs, meat, cream, salad dressing, butter, fried foods and the like.

a. Heavy, fatty foods are hard to digest, requiring a greater than usual amount of blood in the digestive region. To donate blood at such a time can (though it doesn't always) upset the body's balance of blood distribution.

b. When such assimilated food substances are present in high concentration in the blood donated, they may also make it difficult to process plasma or to give transfusions.

c. But this doesn't mean a donor should go hungry before his donation. Some of the things he can eat: toast with jelly or jam; crackers and milk; vegetables (without butter), cottage cheese; vegetable, fruit or jellied salads (without dressing).

25 YEAR RE-REVIEW

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